

ABSTRACT

A sports training and testing apparatus for at least one athlete (50), said apparatus
5 including a control unit (11) adapted to implement a predetermined protocol; a
plurality of remote units (12) for providing a series of stimuli for said at least one
athlete in accordance with the protocol; at least one sensor (14) for providing to
said control unit feedback information associated with said at least one athlete's
response to the stimuli; and a communications network (10) providing
10 communications between the control unit and the plurality of remote units including
said at least one sensor (14).

4817-6154-4960\1